

HLT 201.LAU

Calculate your stress level

To find out how stressed you are you should mark the following statements truthfully. Put a check in the box for any characteristics that you think you have.

Stress level will be calculated from 20 statements that are specified below.

- 1. I frequently keep my thoughts for my self.
- 2. I frequently neglect my diet.
- 3. I frequently try to do everything by my self.
- 4. I frequently get easily irritated.
- 5. I frequently neglect my exercise.
- 6. I frequently seek unrealistic goals.
- 7. I frequently blow up easily.
- 8. I frequently complain that I'm disorganized.
- 9. I frequently make a big deal of everything.
- 10. I frequently fail to see the humor in situations others find funny.
- 11. I frequently blow up easily.
- 12. I frequently have few supportive relationships.
- 13. I frequently get angry when I am kept waiting.
- 14. I frequently put things off until later.
- 15. I frequently think there is only one right way to do something.

- 16. I frequently feel unable to cope with all I have to do.

Just a few more questions and you will find out your stress level.

- 17. I frequently get too little rest.

- 18. I frequently ignore stress symptoms.

- 19. I frequently race through the day.

- 20. I frequently fail to build relaxation into every day.

Source: http://stress.about.com/library/lifestylequiz/bl_lifestyle_quiz.htm
